

Recommended Level of Medical Care For Individuals with Diabetes

	Child	Adult
Initial and Annual Exam	<p><u>Medical History</u></p> <p><u>Physical Exam</u></p> <ul style="list-style-type: none"> ◆ height weight ◆ blood pressure ◆ thyroid ◆ skin ◆ foot exam ◆ abdominal exam ◆ oral exam ◆ sexual maturation staging <p><u>Lab</u></p> <ul style="list-style-type: none"> ◆ HbA1c ◆ lipid profile q 5 yrs. (if normal) ◆ U/A (ketones) ◆ fasting plasma glucose (optional) ◆ thyroid function (q 2 yrs.) ◆ microalbuminuria (q yr. after 5 yrs. DX) ◆ 24 hr. Urine Pro. Creatinine Clearance (q yr. 5 yrs. into pubescence) ◆ dilated eye exam referral (10 yrs. and older, 3-5 yrs. after onset) 	<p><u>Medical History</u></p> <p><u>Physical Exam</u></p> <ul style="list-style-type: none"> ◆ height weight ◆ blood pressure ◆ thyroid ◆ skin ◆ cardiac ◆ peripheral vascular ◆ neurologic ◆ foot exam (include sensory) ◆ abdominal exam ◆ oral exam <p><u>Lab</u></p> <ul style="list-style-type: none"> ◆ HbA1c ◆ lipid profile ◆ U/A ◆ fasting plasma glucose (optional) ◆ thyroid function ◆ serum creatinine ◆ microalbuminuria ◆ 24 hr. Urine Pro. Creatinine Clearance ◆ EKG ◆ dilated eye exam referral
Quarterly Exam	<p><u>Medical History</u></p> <p><u>Physical Exam</u></p> <ul style="list-style-type: none"> ◆ height weight ◆ blood pressure ◆ foot exam ◆ growth evaluation (sexual maturation) <p><u>Lab</u></p> <ul style="list-style-type: none"> ◆ HbA1c ◆ U/A (ketones) 	<p><u>Medical History</u></p> <p><u>Physical Exam</u></p> <ul style="list-style-type: none"> ◆ height weight ◆ blood pressure ◆ foot exam <p><u>Lab</u></p> <ul style="list-style-type: none"> ◆ HbA1c ◆ random BG

*The Management Plan (which is individualized and essential to diabetes medical care) has not been addressed in the above. The ADA Clinical Practice Recommendations 2000 have been reviewed and are consistent with what the group would recommend. The Diabetes Flow Sheet was developed to assist the provider in ongoing comprehensive diabetes management.